



NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

"Profitable, productive farms are the basis of a local food system that maintains the state's agricultural land, expertise and infrastructure and that strengthens food security."

NH Farm to School Program

NH Farm to Restaurant Connection

The New Hampshire Farm to Restaurant Connection links NH farm products with NH restaurants. The initiative is a collaboration of organizations and interested individuals, whose numbers are continually expanding.



Program Goal and Key Projects

The NH Farm to Restaurant group aims to increase the purchase of local farm products for use in restaurant foods so that both the farm and restaurant benefit. Key projects include:

- A restaurant chef survey to identify interests, buying patterns, and ingredient preferences
- Researching restaurant food distribution channels to make buying local foods as easy as possible
- "Grower Dinner" events

Grower Dinners

Grower Dinners featuring New Hampshire meats, vegetables, fruits, herbs, wines and dairy products have been held at Jack's Restaurant in New London and the Bedford Village Inn in Bedford.

For more information about future Grower Dinners and the New Hampshire Farm to Restaurant Connection, contact Gail McWilliam Jellie, New Hampshire Department of Agriculture, Markets & Food, at 603-271-3788 or gmcwilliam@agr.state.nh.us



NH Farm to School Program

The NH Farm to School Program connects NH farms and farm products to classrooms and school cafeterias throughout the state. The program began last fall bringing NH apples and cider into more than 70 schools.

Now in its second year, expansion continues.

Program benefits include:

- Healthy local foods for students
- Development of local markets for local foods
- Heightened awareness of local farms and their contribution to the heritage, environment and economy of the community

The NH Farm to School Program is a collaboration of the UNH Office of Sustainability Programs and the NH Coalition for Sustaining Agriculture, funded by USDA Sustainable

Research. To learn more call 862-4088, visit www.nhfarmtoschool.org or email NH.FarmToSchool@unh.edu



Fruits, Vegetables and Weight Management

In November, the Centers for Disease Control and Prevention released *Can eating fruits and vegetables help people to manage their weight?* – the first in a series of briefs for health professionals. A companion brochure targeting consumers will be released next. For a copy of the brief, go to http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/rtp_practitioner_10_07.pdf.

Winter 2005

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Inspector Produce

Pat Produce (also known as Inspector Produce, PI) is back again and needs your help. This case is all about tomatoes.

Help collect the evidence, find the facts, run lab tests and form conclusions. Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

Case Number: TOM-1

Subject: Tomato

Collect the Evidence: At your grocery store, buy two types of fresh tomatoes – like Cherry or Grape or Slicing.

Find the Facts: Write your answers in the boxes below.

- What is the name of each variety?
- How much each one cost per pound?
- Keeping them separate, cut each tomato in $\frac{1}{2}$ inch cubes.

Variety 1	Variety 2
Variety name:	Variety name:
\$_____ per pound/box	\$_____ per pound/box
$\frac{1}{2}$ cup servings per _____ pound/box	$\frac{1}{2}$ cup servings per _____ pound/box
\$_____ cost per serving	\$_____ cost per serving

Laboratory Research: With the help of your teacher or a parent, chop the tomatoes in $\frac{1}{2}$ inch cubes. Keep the different tomatoes separate. Wearing a blindfold, taste and rate each one: **Yum!**, **OK**, or **No Thanks**. Write your answers here.

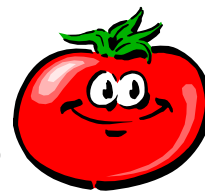
Form Your Conclusions:

- Which tomato is the best price per serving?
- Which tastes the best?
- Which one would you buy next time? Why?

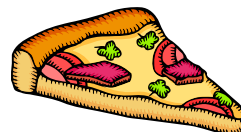
Interview the cooks in your house. Ask them:

- When do you use chopped canned tomatoes?
- When do you use tomato sauce?
- When do you use tomato paste?

Tomato Trivia



1. Is a tomato a fruit or a vegetable?
2. In the U.S., where do most tomatoes grow?
3. How many different tomato varieties are there?
4. Which one is smaller – a grape tomato or a cherry tomato?
5. When you eat tomato sauce on spaghetti, does that count as a “5 A Day” serving?
6. What about pizza sauce – does that count?



Spunky Vegetable Pizza

Serves 6

Recipe from www.dole5aday.com

- 3/4 cup pizza sauce
- 1 large pizza shell
- 1 cup chopped broccoli
- 1 cup shredded carrots
- 1/2 cup sliced red or green bell pepper
- 5 to 6 ounces, shredded, lowfat mozzarella or cheddar cheese
- Preheat the oven to 450 F.
- Put pizza shell on a cookie sheet.
- Spoon pizza sauce on pizza shell.
- Arrange vegetables over sauce.
- Sprinkle on the cheese.
- Bake for 10 minutes.
- When baked, cool pizza for 3 minutes before slicing.
- Cut into 6 slices.

Nutrients per serving: 240 calories, 8 g fat, 2 g saturated fat, 13 g protein, 29 g carbohydrate, 15 mg cholesterol, 568 mg sodium. Calories from: protein 22%, carbohydrate 48%, fat 30%.

Growing Tomatoes

Find out:

1. How long does it take to grow a tomato?
2. What varieties grow in NH?
3. What is an heirloom tomato?
4. What colors are tomatoes?

The tomato is called the “Apple of Love” in France and the “Apple of Paradise” in Germany.

"The Very Hungry Caterpillar"

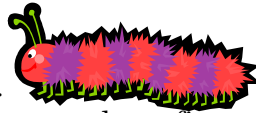
"The Very Hungry Caterpillar," a modern classic children's book by author/illustrator, Eric Carle, follows the progress of a hungry caterpillar as he eats his way through a varied and very large quantity of food until, full at last, he forms a cocoon around himself and goes to sleep.

Judy Gosselin of the Rockingham Community Action (RCA) WIC Program used the popular book to develop a creative educational experience for WIC families.

This fall, she received the Dora Hastings Nutrition Education Award for her efforts.

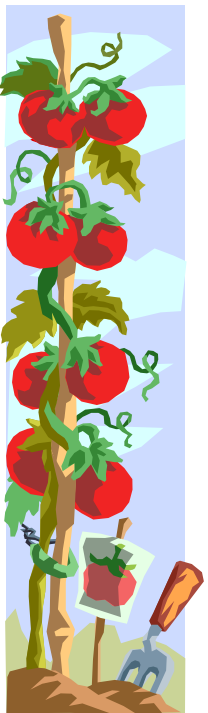
The focus was for the hungry caterpillar to eat at least five fruits and vegetables to turn into a beautiful butterfly.

The Literacy Services staff at the RCA made a hands-on activity for the children that asked them to find the healthier food pictures that fit into the hungry caterpillar's mouth. Food choices that were not as healthy were too big to fit into the mouth of the coffee-can caterpillar. The activity included hearing the Eric Carle story, fruit and vegetable identification, matching shapes, and fine motor skills for a coloring and pasting activity, making placemats of their favorite foods and nutrition word puzzles for parents. For more information, contact Judy Gosselin at 778-1834.



More Tomato Trivia

- One medium tomato provides 35 calories, 40% of the Daily Value (DV) for vitamin C and 20% of the DV for vitamin A. Tomatoes also provide fiber, beta-carotene, lycopene, potassium, iron, phosphorus, and some B vitamins. They are low in sodium and like all fruits and vegetables, they have no cholesterol.



- Colder temperatures damage tomatoes. Store them at room temperature to allow them to develop good aroma and flavor.
- Tomatoes are native to the Americas. Aztecs and Incas grew them as early as 700 A.D.
- Europeans first saw the tomato when the Conquistadors reached Mexico and Central America in the 16th century. Tomato seeds were taken back to Europe and the tomato quickly became popular in Spain, Portugal and Italy.
- Because of its bright red color, the British feared the tomato was poisonous. U.S. colonists did not eat the tomato until the early 19th century.
- Tomatoes come in many colors – red, orange, yellow, green, white and black. For pictures, visit <http://www.tomatogrowers.com/>

Order Form

★ = Recently revised or new item

☐ Please add me to the *NH 5 A Day News* mailing list.

For bulk supplies, please write-in the quantity needed.

- ☐ ★ Activity Sheets for Kids of All Ages (Set of 5, ready-to-copy)
- ☐ ★ 5 A Day Across the Curriculum
- ☐ ★ 5 A Day at the Preschool
- ☐ ★ 5 A Day at the Worksite
- ☐ ★ 5 A Day Book List
- ☐ *Knock! Knock! Bookmarks* (60 jokes per set; ready-to-copy)
- ☐ ★ "More Peas, Please!" (for parents)
- ☐ PBH Official 5 A Day Catalog

Fax (271-4160) or mail this form to:

NH 5 A Day for Better Health Program,
29 Hazen Drive, Concord, NH 03301

Name

Title.....

Agency/School.....

Address

Town, State

Zip

Phone

International 5 A Day Symposium

Over 200 representatives from 31 countries attended "From Farm to Plate: Globalizing 5 A Day to Increase Fruit and Vegetable Consumption World-wide," in New Zealand this August. The World Health Organization (WHO) estimates that overweight, obesity and related noncommunicable diseases account for 60% of deaths and 47% of diseases globally. Generous funding from the 5+ A Day-New Zealand program, WHO, the Produce for Better Health Foundation (PBH) and the National Cancer Institute (NCI) made the meeting possible. To learn more, visit http://5aday.com/html/international/international_home.php



5 A Day for Better Health is a national program to increase Americans' consumption of fruits and vegetables to 5 to 9 daily servings to promote good health and reduce the risk of some cancers and other chronic diseases. National partners include:

- American Cancer Society
 - Centers for Disease Control and Prevention
 - National Alliance for Nutrition and Activity
 - National Cancer Institute
 - Produce for Better Health Foundation
 - United Fresh Fruit and Vegetable Association
 - US Dept of Agriculture
- The *NH 5 A Day News* is issued by the NH 5 A Day for Better Health Program (603-271-4830) three times a year.

Answers: Tomato Trivia

1. Botanically speaking, the tomato is a fruit. In 1893, the United State Supreme Court declared the tomato a vegetable in their resolution of a case involving the Federal Trade Commission.
2. Florida and California are the two biggest producers of tomatoes in the United States.
3. There are thousands of tomato varieties.
4. Grape tomatoes are smaller than cherry tomatoes.
5. Yes. 1/2 cup of sauce equals 1 serving.
6. Same answer as Q#5.

Growing Tomatoes

1. It takes 45 to 95 days after transplanting.
2. Varieties that mature in 75 days or less.
3. Varieties that preceded hybridizing (pre-1940).
4. Red, orange, yellow, green, white and black.

NH Department of Health and Human Services
Division of Public Health Services
Nutrition and Health Promotion
5 A Day for Better Health Program
29 Hazen Drive
Concord, NH 03301-6504



Grilled Tomatoes

From <http://www.cdc.gov/5aday/>
Serves 4

2 ripe tomatoes
Oregano, fresh or dried, to taste
Lemon pepper, to taste

- Slice tomatoes in half lengthwise.
- Prepare coals. Cover grill with foil.
- Place tomatoes on foil. Sprinkle with oregano and lemon pepper.
- Grill tomatoes cut side down over hot coals for about 4 to 5 minutes.

Nutrients per serving: 20 calories, 0.4 g fat, 0 g saturated fat, 4 g carbohydrate, 0.8 g protein, 0 mg cholesterol, 1 g fiber, 26 mg sodium, 71% calorie from carbohydrate, 14% calories from protein, 15% calories from fat.

Homemade Salsa

From <http://www.cdc.gov/5aday/>
Serves 8

1 cup finely chopped, peeled tomato (for more fiber, do not peel tomatoes)
1/2 cup tomato sauce
1/4 cup yellow or red onion
1/4 cup finely chopped green pepper
2 tablespoon vinegar
2 cloves garlic, minced
1–3 jalapeno peppers, seeded and chopped (use caution; wear rubber gloves and do not rub your eyes when chopping peppers)
1/2 cup fresh cilantro, chopped, optional

- Mix all ingredients in a glass bowl.
- Refrigerate until ready to serve.

Nutrients per serving: 14 calories, 0.12 g fat, 0 g saturated fat, 3.3 g carbohydrate, 0.5 g protein, 0 mg cholesterol, 0.7 g fiber, 95 mg sodium, 80% calorie from carbohydrate, 13% calories from protein, 7% calories from fat.

For tomato-growing information, call the **Family, Home & Garden Education Center** at UNH Cooperative Extension in Manchester at 1-877-EXT-GROW (877-398-4769), Mon-Fri: 9 AM to 2 PM.



NH 5 A Day News

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Overall, fruit and vegetable recommendations are increased – nearly doubled. For individuals four years and older, the range is 2½ to 6½ cups (5 to 13 servings) per day.

The New Dietary Guidelines

The Dietary Guidelines for Americans first came out in 1980. Since then, they have been revised every five years to reflect the latest nutrition research findings. The 2005 edition was released this January. What's different and what do they say about fruits and vegetables?

Key Changes

The new guidelines' are detailed in a 71-page report. It features:

- A stronger emphasis on physical activity than ever before.
- A reference diet of 2,000 calories instead of 2,200 calories to match the reference used on the Nutrition Information label.
- Focus on *cup* measurements rather than servings.
- Calorie recommendations broken out to three activity levels – sedentary, moderately active and active – for each age/gender grouping. Overall, there are 12 caloric levels.
- The DASH Eating Plan is offered as an alternate model to follow. DASH (Dietary Approaches to Stop Hypertension) is clinically proven to significantly reduce blood pressure.

Fruit and Vegetable Messages

Overall, fruit and vegetable recommendations are increased – nearly doubled. For individuals four years and older, the range is 2½ to 6½ cups (5 to 13 servings) per day. At the 2,000-calorie level, the daily recommendation is 4½ cups. The DASH Eating Plan recommends 7 to 12 daily servings (about 3½ to 6 cups) depending on your caloric intake. As in previous editions of the guidelines, variety is a cornerstone message. Specifically, the 2,000-calorie reference

diet, recommends weekly intakes of:

- Dark green vegetables: 3 cups
- Orange vegetables: 2 cups
- Legumes (dry beans): 3 cups
- Starchy vegetables (such as white potatoes, corn, green peas): 3 cups
- Other vegetables: 6½ cups

For more information, visit <http://healthierus.gov/dietaryguidelines/>



MyPyramid.gov

The first Food Guide Pyramid was released in 1992. This April, 12 new pyramids were released – one for each caloric level. The six colored stripes represent the food groups – grains, vegetables, fruit, fats, dairy and meat. To learn more, visit the USDA website www.mypyramid.gov.

The fruit section recommends:

- Eat a variety of fruit.
- Choose fresh, frozen, canned or dried fruit.
- Go easy on fruit juices. Select 100% juice. For more fiber, eat whole fruits instead.
- Select fruits with more potassium often.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.

The vegetable section recommends:

- Eat more dark green veggies.
- Eat more orange veggies.
- Eat more dry beans and peas.

The website provides lists of dark green, orange, starchy, and “other” vegetables as well as dry beans and peas.

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Inspector Produce

Pat is back! Inspector Pat Produce, PI is back again and needs your help. This case is all about blueberries.

Help collect the evidence, find the facts, run lab tests and form conclusions. Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

Case Number: BLU-1

Subject: Blueberries

Collect the Evidence: At your grocery store, buy two types of blueberries – fresh and frozen.

Find the Facts: Write your answers in the boxes below.

- How much does each one cost per pound?
- How many servings are in each bag, box or pound?
- What is the cost per serving?

Fresh	Frozen
\$_____ per pound/box	\$_____ per bag
½ cup servings per _____ pound/box	½ cup servings per _____ bag
\$_____ cost per serving	\$_____ cost per serving

Laboratory Research: With the help of your teacher or a parent, defrost half the frozen berries. Rinse the fresh berries. Wearing a blindfold, taste and rate the fresh, the frozen and the still frozen berries: **Yum!, OK, or No Thanks.** Write your answers here. ↓ ↘

Fresh	Defrosted
	Still frozen

Form Your Conclusions:

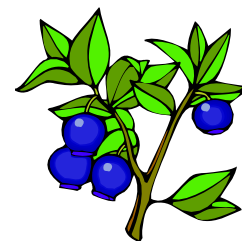
- Which one is the best price per serving?
- Which tastes the best?
- Which one would you buy next time? Why?

Interview the cooks in your house. Ask them:

- When do you use *fresh* blueberries?
- When do you use *frozen* blueberries?

Looking for some summer fun? Try blueberry picking! If you pick more than you can eat, freeze them on a cookie sheet. Then, store them in a freezer bag or container.

Blueberry Trivia



Look online for the answers.

- Are blueberries the 1st, 2nd or 3rd most popular berry in the United States?
- How many million pounds of blueberries are grown every year?
- Where did blueberries first grow wild?
- What state is the largest producer of *wild* blueberries in the world?
- When is national blueberry month?
- Do blueberries ripen after harvest?

If all the blueberries grown in North America in one year were spread out in a single layer, they would cover a four-lane highway that stretched from New York to Chicago.

The Great Food Almanac

Creamy Blueberry Shake



Serves 4

Recipe from www.5aday.com

1½ cups fruit per serving

2 cups fresh or frozen blueberries
2 small, ripe bananas
1/3 cup honey
2 tablespoons lemon juice
1½ cups low-fat vanilla yogurt
1 cup frozen vanilla low-fat ice cream
4 springs of mint (optional)

- Puree berries, banana, honey and lemon juice in a blender on high.
- Add yogurt and ice cream. Blend.
- Garnish glass with mint.

Nutrients per serving: 301 calories, 3 grams fat, 1.3 grams saturated fat, 7 grams protein, 66 grams carbohydrate, 7 milligrams cholesterol, 3 grams dietary fiber, 81 milligrams sodium, 8% calories from fat.

What's New – in the Library?

Closing the Opportunity Gap, Offering More Fruits and Vegetables on the Nation's Menu Illustrated report identifies opportunities for consumers, foodservice operators, and fruit and vegetable suppliers. PRODUCE FOR BETTER HEALTH FDN (PBH)

Making It Happen! School Nutrition Success Stories 350+ pages of school promotions. CDC AND USDA TEAM NUTRITION

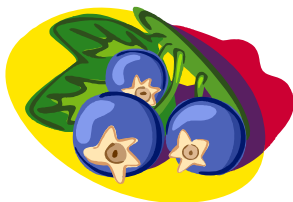
School Foodservice Guide: Promotions, Activities, and Resources to Increase Fruit and Vegetable Consumption A rich collection of promos – menus, decorations, websites, etc. PBH

School Foodservice Guide: Successful Implementation Models for Increased Fruit and Vegetable Consumption 60-pages of produce promotions – salad bars, taste tests, menu backers, pledge banner, and health fairs. PBH

➔ To borrow materials, call 271-0562 or 271-7060 or email cfirmen@dhhs.state.nh.us or jmverdon@dhhs.state.nh.us

More Blueberry Trivia

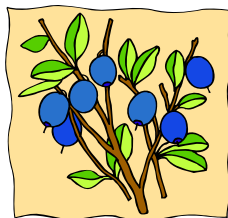
Learn how blueberries are harvested – and more!
<http://www.dole5aday.com/ReferenceCenter/Encyclopedia/Blueberries/index.jsp>



- Blueberries are naturally low in fat and calories and rich in vitamin C and fiber.
- Blueberries contain significant quantities of antibacterial and antiviral compounds. They may also help protect against heart disease, some cancers, and effects of aging.
- Blueberry season runs from mid-April to mid-September. In New Hampshire, the season begins in July.
- Blueberries have been commercially cultivated only since the early 20th century, when the USDA helped develop new improved varieties.
- 95% of the world's commercial blueberry crop grows in the United States and Canada. The biggest producers are Michigan and New Jersey.
- 99% of Maine's *wild* blueberry crop is frozen.

Blueberries on the Menu

- Add them to your breakfast cereal.
- Eat them out of hand for a snack.
- Add blueberries to a green or fruit salad.
- Spoon them over yogurt, angel food cake or low-fat ice cream.
- Make a blueberry smoothie for breakfast or a snack.
- Make a cold blueberry soup as a summer dessert.
- Make a blueberry sauce to serve with meat, poultry or fish.
- Make a blueberry cobbler.



Order Form

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- ☐ Activity Sheets for Kids of All Ages (Set of 5, ready-to-copy)
- ☐ ★ Creative Ways to Add 5 A Day to Your Wellness Events
- ☐ 5 A Day Across the Curriculum
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- ☐ 5 A Day at the Worksite
- ☐ 5 A Day Book List
- ☐ *Knock! Knock! Bookmarks* (60 jokes per set; ready-to-copy)
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Name

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Town, State

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Blueberries in History

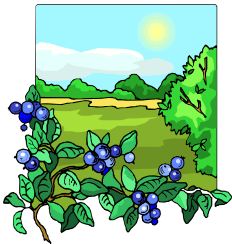
- Early American colonists made gray paint by boiling blueberries in milk.
- Shakers made blue paint by mixing sage blossoms, indigo and blueberry skins in milk.
- Lewis and Clark found that Indians in the Northwest Territory smoked wild blueberries to preserve them for the winter. One of the first meals they shared with the Indians was smoked and dried venison with wild blueberries pounded into the meat.
- Blueberries were once called "star berries" because of the star-shaped calyx on the top of each berry.



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- American Cancer Society
- Centers for Disease Control and Prevention
- Council of 5 A Day Coordinators
- National Alliance for Nutrition and Activity
- Produce for Better Health Foundation
- United Fresh Fruit and Vegetable Association
- US Dept of Agriculture

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Answers: Blueberry Trivia

1. Blueberries are 2nd; strawberries are 1st.
2. Over 200 million pounds of blueberries are grown commercially each year.
3. Blueberries are native to North America (the United States and Canada.)
4. Maine.
5. In July.
6. No, blueberries will not get any riper sitting around, so eat them right away!

NH Department of Health and Human Services
Division of Public Health Services
Nutrition and Health Promotion
5 A Day for Better Health Program
29 Hazen Drive
Concord, NH 03301-6504



Blueberry Popovers

From <http://www.cdc.gov/5aday/>

Serves 6

1 cup non-fat milk
½ teaspoon vanilla extract
2 tablespoons melted butter
¼ teaspoon salt
1/8 teaspoon fresh ground nutmeg

¼ cup granulated sugar
1 cup sifted white flour
½ cup egg substitute
¼ teaspoon ground cinnamon
2 cups blueberries or other berries

- Mix milk, extract, butter, salt, and nutmeg and 3 tablespoons sugar in a bowl.
- Stir in flour. Add eggs just until combined. Let this batter stand for 5 minutes.
- Mix remaining 1 tablespoon sugar and cinnamon in a separate bowl. Set aside.
- Heat oven to 450°F and place oven rack in middle position.
- Place berries in a buttered 9-inch pie pan. Pour batter over the berries; sprinkle cinnamon-sugar over the batter.
- Bake 20 minutes. Reduce oven temperature to 350°F. Bake until popover is firm and golden brown, 15 to 20 minutes.
- Cut popover into wedges and serve immediately or cool and store in a tightly sealed container for a couple days.

Nutrients per serving: 183 calories, 3 grams fat, 33 grams carbohydrate, 6 grams protein, 7 milligrams cholesterol, 2 grams fiber, 145 milligrams sodium, 16% calories from fat.

Celebrate National 5 A Day Month!

Consider holding a National 5 A Day Month celebration in your worksite, school or community this September. New promotional materials will be available – possibly as early as June. Typically, the materials include graphics, newsletter articles and one-page handouts.

- For free National 5 A Day Month materials and graphics, contact the NH 5 A Day Program at mfitterman@dhhs.state.nh.us or 271-4830.
- For more programming ideas for your event, request a free copy of “Creative Ways to Add 5 A Day to Your Wellness Event.” See Order Form on page 3.



NH 5 A Day News

Promoting fruits and vegetables for better health in New Hampshire

With the new emphasis on counting cups (instead of servings) a new fact sheet was developed. "What does a tennis ball have to do with fruits and vegetables?" explains that 1 cup of fruit or vegetable is as big as a tennis ball.

New materials for educators

The 2005 edition of the Dietary Guidelines for Americans was released this January and was followed by the unveiling of www.mypyramid.gov in April. Ever since, the NH 5 A Day Program has been busy updating educational materials and developing new ones.

Measuring fruits and vegetables

With the new emphasis on counting cups (instead of servings), a new fact sheet was developed. "What does a tennis ball have to do with fruits and vegetables?" explains that 1 cup of fruit or vegetable is as big as a tennis ball. The fact sheet also explains why:

- 1 cup of leafy vegetables (such as lettuce or raw spinach) counts as only $\frac{1}{2}$ cup – because of the space between the leaves.
- $\frac{1}{4}$ cup of dried fruits (such as dates, raisins, prunes and dried apricots, etc.) counts as $\frac{1}{2}$ cup – because the fruit gets smaller as it dries.

The 1-page fact sheet also provides a list of 1-cup and $\frac{1}{2}$ -cup equivalents for common fruits and vegetables. → **For the new materials, use the order form (page 3).**

Mypyramid without a computer

A wealth of information about the new food pyramid can be found at www.mypyramid.gov but what do you do if you don't have access to the Internet? A new fact sheet, "How many fruits and vegetables do adults need?" walks the reader through three steps to answer that question. Similar fact sheets have been developed for boys and girls.



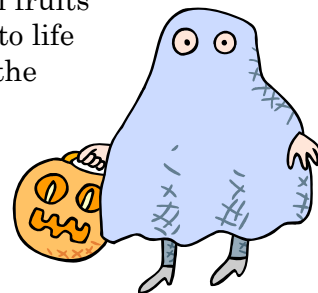
5 A Day moves to Sesame Street

Favorite Sesame Street characters like Big Bird, Grover and Elmo are now promoting the 5 A Day message! The Sesame Workshop, which is arguably the centerpiece of PBS programming for children, has launched "Healthy Habits for Life" and includes the 5 A Day message in this new venture.

The Healthy Habits website www.sesameworkshop.org/healthyhabits offers games and activities for kids, and information for parents and caregivers about how to have fun while staying healthy. The site also includes a downloadable mini poster.

Good Grief! What a Halloween treat!

On October 8th, Charlie Brown and the Peanuts gang arrived in all Wal-Mart Supercenters and Neighborhood Markets, landing in the Produce Department to teach families how to "Treat Yourself to Good Health with 5 A Day the Color Way." Children received an activity book and character stickers. The Peanuts characters brought the world of colorful fruits and vegetables to life in the pages of the activity book with a secret mirror ghost trick, fruit and vegetable maze, and kid-friendly healthy eating tips. Parents received a spine-tingling collection of recipes.



Fall 2005

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Inspector Produce

Pat is back! Inspector Pat Produce, PI is back again and needs your help. This case is all about New Hampshire's biggest crop – apples!

Help collect the evidence, find the facts, run lab tests and form conclusions. Write all your answers on this case study form. Remember to get help from an adult with the lab tests.

Case Number: APP-1

Subject: Apples

Collect the Evidence: At your grocery store, buy two apple varieties. Try to select apples that are about the same size.

FYI: 1 small apple is about 1 cup of fruit.

Find the Facts: Write your answers in the boxes below.

- Write in the names of the two varieties.
- How much does each one cost per pound?
- How many servings are in each bag, box or pound?
- What is the cost per serving?

Variety:	Variety:
\$_____ per pound/box	\$_____ per bag
_____ apples per pound/box/bag	_____ apples per pound/box/bag
\$_____ cost per apple	\$_____ cost per apple

Laboratory Research: With the help of your teacher or a parent, rinse the fresh apples. Quarter, core and slice the apples. Steam half of each in the microwave for 30-60 seconds. Wearing a blindfold, taste and rate the apples:

Yum!, OK, or No Thanks. Write your answers here.

↓	↓
Fresh	Fresh
Steamed	Steamed

Form Your Conclusions:

- Which one is the best price per pound?
- Which tastes the best?
- Which one would you buy next time? Why?

Interview the cooks in your house. Ask them:

- What varieties do you use for snacking?
- What varieties do you use for cooking?

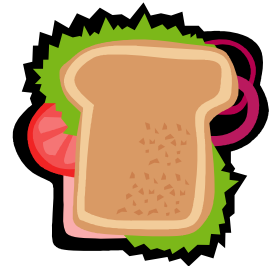
Apple Trivia

Look for your answers online – search for “apple trivia.”



1. What is another name for:
 - A favorite person?
 - Johnny Appleseed?
 - A lump in your throat?
 - The science of apple growing?
2. How long have apples been around?
3. How many seeds are in an average apple?
4. What's our state's biggest crop?
5. How many apple varieties are there?
6. Do apples ripen faster at room temperature or in the refrigerator?
7. Why do fresh apples float?

Apple Tuna Sandwich



Serves 3

Recipe from www.cdc.gov/5aday

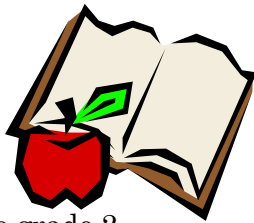
- 2 6-ounce cans of tuna
- 1 medium apple, chopped
- 1 celery stalk, chopped
- ¼ cup low-fat vanilla yogurt
- 1 teaspoon prepared mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- lettuce leaves
- 6 slices tomato

- Combine and mix the tuna, apple, celery, yogurt, mustard and honey.
- Spread ½ cup of mixture onto three bread slices.
- Top each slice with lettuce, tomato and a slice of bread.
- Cut sandwiches in half or quarters.

Nutrients per serving: 340 calories, 6 grams fat, 2 grams saturated fat, 34 grams protein, 39 grams carbohydrate, 50 milligrams cholesterol, 5 grams dietary fiber, 410 milligrams sodium, 9% calories from fat.

Library news

Color Blue Creative Pockets Kit Nutrition lessons come alive with an apron, 7 teaching cards (nutrition lesson plans), 116 English/Spanish produce flashcards and 8 reproducible masters. **LEVEL:** Pre-K to grade 2.



Fruit and Veggie Recall In this classic memory game, kids of all ages will love matching the words and photos. Includes 40 English/Spanish cards and instructions with information on 5 A Day the Color Way. **LEVEL:** Pre-K to adult.

State of the Plate 2005 An in-depth analysis of produce intake and consumer motivations. **LEVEL:** Professional.

➔ To borrow materials, call 271-0562 or 271-7060 or email cfirman@dhhs.state.nh.us or jmverdon@dhhs.state.nh.us

More apple trivia

- Americans eat about 120 apples per year.
- At least 50% of the domestic crop is used in items we eat every day – applesauce, juice, jellies, pies and desserts.
- The apples from one tree can fill 20 boxes every year. Each box weighs an average of 42 pounds.



Buying, keeping and preparing apples

From: <http://www.cdc.gov/nccdphp/dnpa/5ADay/month/>

- Choose apples that are firm.
- Avoid apples that are discolored.
- Keep apples in plastic bags in the refrigerator after purchasing to prevent further ripening.
- Apples should keep up to six weeks. However, check them often and remove any apples that begin to decay or the others will do the same.
- Wash apples well with clear running tap water.
- Prepare apple dishes just before serving to minimize browning (oxidation). Protect cut apples from oxidation by dipping them into a solution of one part citrus juice (orange, lemon or lime) and three parts water.

Apples on the menu

- Try some hot apple cider.
- Make an apple cobbler.
- Add grated apples to your breakfast cereal or yogurt.
- Add apple slices to your favorite sandwich or salad.
- Add big chunks of apple to your favorite curry recipe.
- Top waffles, pancakes, French toast, or ice cream with steamed apples and cinnamon.



Order Form

★ = Recently revised or new item

☐ Please add me to the *NH 5 A Day News* mailing list.

For bulk supplies, please write-in the quantity needed.

- ☐ ★ Activity Sheets for Kids of All Ages (Set of 5, ready-to-copy)
- ☐ ★ Creative Ways to Add 5 A Day to Your Wellness Events
- ☐ ★ 5 A Day Across the Curriculum
- ☐ ★ 5 A Day at the Preschool
- ☐ ★ 5 A Day at the Worksite
- ☐ ★ 5 A Day Book List
- ☐ ★ 5 A Day Lending Library
- ☐ ★ 5 A Day Quiz
- ☐ ★ Get Fit With 5 Bingo (“ice-breaker” educational activity with ready-to-copy Bingo card)
- ☐ ★ How many fruits and vegetables do adults (boys, girls) need?
- ☐ ★ It’s an election year . . . run a produce campaign! (educational activity with ready-to-copy ballot)
- ☐ ★ Knock! Knock! Bookmarks (60 jokes per set; ready-to-copy)
- ☐ ★ PBH Official 5 A Day Catalog
- ☐ ★ Resources for Promoting 5 A Day
- ☐ ★ What does a tennis ball have to do with fruits and vegetables?

Fax (271-4160) or mail this form to:
NH 5 A Day for Better Health Program,
29 Hazen Drive, Concord, NH 03301

Name

Title.....

Agency/School.....

Address

Town, State

Zip

Phone

5 A Day for Better Health is a national campaign to increase Americans' consumption of fruits and vegetables to promote good health and reduce the risk of some cancers and other chronic diseases. The national partnership includes:

- American Cancer Society
- American Diabetes Assoc
- American Heart Assoc
- California Department of Health Services
- Centers for Disease Control and Prevention
- Council of 5 A Day Coordinators
- National Alliance for Nutrition and Activity
- National Cancer Institute
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Fruit and Vegetable Association
- US Department of Agriculture

NH 5 A Day News is issued by the New Hampshire 5 A Day for Better Health Program (603-271-4830) three times a year.



Answers: Apple Trivia

1. Apple of your eye; Johnny Appleseed's real name was John Chapman; Adam's apple; pomology.
2. Apples originated in the Middle East more than 4,000 years ago.
3. Apples usually have 5 seed pockets with 1 seed per pocket.
4. Apples are NH's biggest crop.
5. There are 7,500 known varieties.
6. Apples ripen six to ten times faster at room temperature than if they were refrigerated.
7. Fresh apples float because 24% of their volume is air.

NH Department of Health and Human Services
Division of Public Health Services
Nutrition and Health Promotion
5 A Day for Better Health Program
29 Hazen Drive
Concord, NH 03301-6504



Apple Fennel Soup

From <http://www.cdc.gov/5aday/>

Serves 4

- 2 cups low sodium chicken broth
- 2 cups water
- ½ cup white wine or apple juice
- 2 apples, peeled, cored and chopped
- 1 cup carrots, thinly sliced
- 1 small onion, thinly sliced

- 1 cup fennel, chopped
- 1 bay leaf
- ¼ teaspoon dried thyme leaves
- 6 peppercorns
- 4 teaspoons non-fat plain yogurt (optional)

- In large pot, combine all ingredients except yogurt. Bring to a boil. Reduce heat and simmer, covered for 20 minutes.
- Strain soup, reserving liquid. Remove bay leaf from mixture in strainer.
- Puree mixture in blender or food processor. Add reserved liquid and blend well.
- Reheat soup, if needed. Ladle soup into bowls. Add dollop of yogurt, if desired.

Nutrients per serving: 80 calories, 1 gram fat, 18 grams carbohydrate, 3 grams protein, 0 milligrams cholesterol, 3 grams fiber, 120 milligrams sodium, 13% calories from fat.

What is fennel?

- Fennel is a vegetable that has a mild licorice flavor. It looks like celery with an extra large bulb on the bottom and feathery leaves on top.
- Fennel can be eaten raw – the same way you eat celery sticks – or it can be used in recipes. The fennel bulb can be found in everything from classic Italian pasta dishes to winter salads to soups and stews. The leaves can be used as an herb.
- Fennel has many different names including finocchio, bulb fennel, Florence fennel, sweet fennel. It is also incorrectly known as anise or sweet anise.

